

Attivitajiet ghax-xahar ta' Marzu

Il-Gimgha 3 ta' Marzu: Education division Floriana 8.00 pm. Illum se naghmlu aktar loghob bejnietna. CHARADES! Titilfuhiex ghax xi dahqa nidhqu zgur! Wara niehdu kafe' flimkien.

Il-Gimgha 10 ta' Marzu.: Education division Floriana fit 8.00pm. Illum is-sinjura Charmaine Buhagiar se taghmlilna session ta' team building. Maghha se jkun hemm tlett tfajliet li jservu bhala judges. Nispera li din l-attivitajiet sservi biex nifhmu aktar lil xulxin u tghaqqadna aktar bejnietna.

Il-Gimgha 17 ta' Marzu: Education division fit-8.00pm. Rega' wasal l-AGM li tfisser Annual General Meeting. Dan huwa l-meeting li jsir kull sena f'Marzu fejn naghmlu rapport ta l-attivitajiet li saru matul is-sena li ghaddiet (u saru hafna!) u naghtu rendikont finanzjarju ta' kemm flus dahlu u kemm intefqu u kif (ghalikom !) Jittella' wkoll il-kumitat il-gdid jew qadim!.

Il-Gimgha 24 ta' Marzu: Propaganda Bistrot, Wied il-Ghajn (hdejn is-Swan Lake li morna l-ahhar darba). Illum se niccelebraw il-birthday celebration go Wied il-Ghajn (ghax darba South u darba North nippruvaw biex hadd ma jiehu ghalih). Hawn taht ghandkom il-menu:

Antipasto: Bruschetta

Starters: Vegetable soup / Fish soup / Risotto with porcini mushrooms

Main course: Beef/Swordfish/Chicken (all with roast potatoes and vegetables)

Dessert: Birthday cake (carrot cake)

Coffee

Prezz: 15 ewro. Id-drinks huma extra u jithallsu individwalment dak il-hin.

Chairperson: Maria Borg **Mob. 9927 1981**

Secretary: Louise Suda **Mob. 9949 8784**

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Għeżież ħbieb,

Rega' wasal Marzu, xahar sabih li fih tasal ir-rebbiegha ul-AGM. Forsi tghiduli x'jinteressana l-AGM? Imma l-Annual General Meeting huwa avveniment importanti ghal- grupp ghaliex fih jittella l-kumitat u minghajr kumitat ma jsir xejn u jikkrolla l-grupp. Biex naghmlu dan l-Annual General Meeting hemm nies li jiehu hafna xoghol, speċjalment Marie Louise Suda is-segretarja li trid tikteb hafna rapporti wara li terga' ticcekkja x'sar matul sena shiha. Marie Louise dejjem taghmel xogholha bir-reqqa, galbu u precizjoni, u nixtieq niehu din l-okkkazjoni biex niringrazzja minn qalbi.

Nixtieq niringrazzja wkoll lil Joseph Bonello li ha x-xoghol biex itella' rapport finanzjarju u lil John Trapani li jiccekkjah bhala accountant tal-grupp. Grazzi minn qalbi. Nixtieq niehu din l-opportunita' li niringrazzja wkoll lil membri l-ohra tal-kumitat, Catherine Deguara, Raymond Micallef u Mark Farrugia li, minkejja d-diffikultajiet personali u mpenji ohra dejjem attendew il-laqghat u taw hafna kontribut siewi. Jiena nista' nghid li kelli ko-operazzjoni shiha mill-membri kollha tal-kumitat. Hdimna id f'id ghall-gid tal-grupp u niringrazzjahom.

Jien nixtieq nigbed l-attenzjoni taghkom il-membri li ghamilt appell biex johorgu nies godda ghall-kumitat. S'issa ghadu m'avvicinani hadd hlief persuna wahda. Jiddispjacini nghid li din l-indifferenza lili teqridni. Komdu hafna tigi fil-grupp ghall-attivitajiet li joghgbuk u haddiehor jorganizza u jahdem. Ghadkom m'intomx tifhmu li wara kull attivita' li ssir, hemm hafna xoghol u hela ta'zmien, emails, telefonati, visti fuq il-post ecc.. Xi whud minnkomm ma japprezzaw xejn minn dan imma minn fuq jigu biex igergru u jikkritikaw. Jien nixtieq nitghallmu napprezzaw dak li-haddiehor jaghmel ghalina. In-nies tal-kumitat bhalkom bil-familja, bil-jobs u bil-problemi personali taghghom. Dawn huma nies altruisti u lesti jaghtu xi-haga lura lill-grupp. Nispera li jkun hawn xi nies li jithajru johorgu ghall-kumitat u jaghtu ftit minn hinhom.

PTO

Kif tafu, nhar il-Gimgha miet il-papa' ta' Fr. Saviour Chircop, id-direttur spiritwali taghna. Fr. Saviour ilu jahdem maghna xi tmin snin. Dejjem gie meta sejjaħnilu għall-quddies, irtiri etc... U naf li hawn minn minnkomp li ġieli cempillu għal xi parir personali. Għalhekk kont iddizappuntata hafna meta jiena għamilt appell waqt l-ikla ta' l-Angelo's, baġhtna emails u tellajnieha fuq facebook u mmur għal funeral u kull ma nsib erba' membri tal-kumitat u tlett persuni ohra. Jiddisjaci ni nġhidilkomp li jien fhimt kemm hafna nies ma japprezzawx dak li jaġħmel haddieħor magħħom. Meta mmorru niddevertu jigu hafna minnkomp imma naqra saġrificcju ma konniex lesti naġħmluħ. Kullhadd ikollu x'jaġħmel speċjalment is-Sibt. Jien tlaqt kollox u mort għax dak hu l-apprezzament u l-commitment.

Fl-ikla ta' L-Angelos's morna tajjeħ hafna. L-ikel kien tajjeħ u abbondanti, kumpanija sabiħa, muzika tajba u zfinna, xrobna, kilna u dħaqna. Thank God ma kellniex problemi fuq id-drinks din id-darba. Imma u dejjem imma (se tġħiduli dejjem teqred int). Pero' jien ma nafx nara l-hazin u nħallih għaddej. Wara li Catherine hadet ix-xoġħol tagħmel il-biljetti għal kullhadd biex kullhadd ikun jaħ x'se jiekol, kien hemm min ha l-platti ta' haddieħor u gie jaqa u jqum! U min ordna hut baqa' bla hut. Dawn mhux affarijiet li jsiru fi grupp ta' nies edukati. Mhux għax ġħogbitni l-huta naqbad u nieħu hut avolja ordnajt beef u ma jimputanix mill-ohrajn. Ahna għalhekk nieħdu l-ordnijiet minn qabel halli ma ddumux tistennew għax inkella fi grupp kbir ma jlahħqux. Nispera li din ma terġax tigrì. Mill-banda l-ohra nixtieq niringrazzja hafna u hafna minnkomp li japprezzaw u jikkooperaw għax dejjem ikunu ftit li jħassru l-festi. Allahares kullhadd. Niringrazzjakomp u narawkomp għall-attivitajiet.

Dejjem tagħkomp,
Maria

L-AGM

L-Annual General meeting isir darba fis-sena f'Marzu. F'dan il-meeting jinqara rapport ta' l-attivitajiet li jkunu saru fil grupp is-sena ta' qabel. Jinqara wkoll rapport finanzjarju u jingħata rendikomp mit-tezozier tal-flus li ġargu u kemm baqa' fondi. Wara jekk ikun hemm bzonn issir l-elezzjoni għall-kumitat il-għid. Nixtieq inħegġigkomp biex tattendu għax il-prezenza tagħkomp għandna bzonnha. Biex issir elezzjoni isir hafna xoġħol u paperwork. Nixtieq infakkarkomp li min hu ġuest ma jstax jivvota skond l-istatut. Nixtieq infakkarkomp li l-grupp tagħna huwa grupp li għandu l-istatut li gie mwaqqaf u qablu fuqu l-membri kollħa u għalhekk hemm certu regoli stabbiliti bħal kull grupp iehor. Kunu afu wkoll li ahna rreġistrati bħala NGO, jġifieri pubblikament magħrufa bħala voluntary organisation u rridu naġħtu rendikomp ta' kull ma jsir, halli b'ħekk tinzamm is-serġeta'.

The importance of sense of humour

It is said that sense of humour is one of the most important human qualities. Humour is not only good for your health physically and emotionally, but it also reinforces your relationships with your family, your friends and your co-workers.

First of all, humour is good for your physical health. Some research shows that laughter can improve your resistance to diseases by declining the stress hormones and increasing infection-fighting antibodies in your body. Besides, laughter can ease the physical tension and help your muscles to relax. It is not exaggerated to say that laughter is the best medicine for your body. Moreover, having a good sense of humour helps you to stay healthy emotionally. Humour helps you to release stress and to keep an optimistic attitude. When you feel anxious or sad, good laughter can lighten your mood. The positive feelings you get when laughing will increase energy for your brain and your body. Thus, you will be able to stay more focus and look at the problems in your life from less frightening perspectives. Life always brings challenges that make you feel overwhelmed. In those cases, a good laughter can help you to overcome all those obstacles and makes your life more enjoyable.



Laughter helps you to stay emotionally healthy! Last but not least, humour helps to strengthen your relationships. First, friendly appearance with a bright smile on your face and a good sense of humour allow you to make good first impression with other people. Also, humour communication boosts the emotional connection that will bring people closer together and increases happiness. In addition, humour is an effective cure for disagreements, angers and hurts. During the difficult time in your relationship, sharing a hearted laughter will be enough to bridge the gap and fill the crack. In conclusion, sense of humour is truly important in human life. Laughter brings many benefits including good physical health, positive emotions and relationships with other people. One essential point is that you should always remember to keep your smile, your humour and your optimism even during the hardest time of your life.